



Heather's Moroccan Chicken

Chicken thighs boned

Chicken stock

Onion or shallot

Honey

Cumin, coriander, salt & pepper

Courgettes cut into batons

Chickpeas

Parsley and juice of one lemon

Couscous or rice

Cook the onion or shallot (however much you like) in a little oil.

Coat the chicken with the spices and salt & pepper.

Take the onion out of the pan and cook chicken until brown

Put onion back in pan with chicken and pour over some honey, (however much you like).

Add the courgettes and stock and either cook in the pan or transfer to casserole and cook in the oven for about 25 mins

Take casserole out of oven and add the chickpeas. Cook for about another 10 mins.

I thickened it with some cornflour.

Stir in parsley and lemon juice.

Serve with rice or couscous.